

ABSTRACT OF THE DISCLOSURE

A data backup device connected to a server via a network includes a usable band detector and a backup controller. The usable band detector detects a width of usable band from an available band of the network. The usable band is band that is currently not being used. The backup controller determines whether the width of usable band is wider than a predetermined width, and transmits data of a client to the server through the network to store the data as backup data in the server when the width of usable band is determined to be wider than the predetermined width.